



## Applying the External Catheter: Procedure for Men

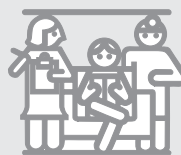
The purpose of the catheter is to collect urine while keeping the skin healthy and assuring a watertight seal so that urine is directed into a drainage bag. These are recommendations for applying and using the catheter:

- Trim pubic hair to prevent entanglement with the adhesive.
- Select a properly sized catheter that will allow for expansion during spontaneous erections. An improperly sized catheter may constrict the blood supply and cause serious injury.
- Avoid using straps to hold the device in place: they do not expand and may be too snug.
- Remove the device daily for bathing and for examining your skin.
- Change the catheter daily or as needed to prevent leakage.
- Examine the skin of the penis for irritation or rubbing. The usual causes of these conditions are reactions to the adhesive, friction, or improper fit.
- Protect the skin of the penis by using a liquid skin film barrier. Allow the coating to dry completely to a nontacky surface.
- Attach the end of the catheter to the special drainage bag.
- Clean or replace the drainage bag regularly.

### Remedies for skin irritations

- Try to find the cause of the irritation: reaction to the adhesive, friction, improper fit, or poor seal. Try to correct the problem.
- To allow your skin to heal, do not use the device for as long as possible, and use padding until the irritation has subsided. Also, do not use a liquid skin film barrier because it will burn. Do not begin to use the device again if there is severe irritation.
- If the problem does not clear up, consult your nurse. You may need to change the style or brand of catheter.

There are various brands of catheters with slightly different features. These catheters may be less irritating to your skin. From time to time, new products are made available for use on a trial basis.



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